A perfect Pathway to Felicitie,

Conteining godly *Meditations, and praiers*, fit for all times, and neceſſarie to be practized of all good Chriſtians.

Imprinted at London by Richard Yardly for Humfrey Lownes.

1592.

To the right worſhip-*full*, *vertuous*, *and godly* Gentlewoman miſtreſſe *Katherine Milward*, *moſt faithfull* ſpouſe to the no leſſe worſhipfull, wiſe and religious Gentleman, maſter *William Milward*, eſquire, P. S. wiſheth all hapie ſucceſſe in this life, with increaſe of worſhip, and in the life to come, eternall felicitie in the heauenlie Hierarchie by Ieſus Chriſt.

TWo things peraduenture (right worſhipfull) may be maruailed at,

concerning this litle booke, as namely, firſt why I haue publiſhed it, conſidering the great number of bookes, either of the ſame, or verie like argument, extant in theſe dayes. Secondly, wherfore I haue dedicated it rather vnto you, then to anie other. For the firſt, I proteſt before God, who knoweth the ſecrets of all hearts, I haue not publiſhed it, either for vainglory, lucre, or

gaines,

gaines, nor yet for any other priuate respect of my owne whatsoeuer, but at the instant request, and earnest desire of one of my verie good friends, and alliance also, who yet being liuing, and the onely man that hath borne the whole charges of the impression thereof, both can, and I know will (if need should require) iustifie the same, against any that should auerre the contrarie. And

for the ſecond, when I conſidered with my ſelfe, howe much bound I haue alwaies beene to your worſhip, euer ſince the time that I was firſt acquainted with you, for your good opinion you haue euer cõceiued of me, & ſundrie other your courteſies ſhewed towards me, far beyond my deſerts or expectation: As alſo when I called to remembrance your feruent zeale which you

haue

haue euer borne to the word of God, & holy religion, your exquiſite knowledge therein, your carefull indeuour to put the ſame in practiſe, and to frame your life therafter. Briefly, when I remembred your maruailous humilitie and lowlineſſe of mind, your wonderfull modeſtie, gentleneſſe and affabilitie, your rare continencie and integritie of life, with infinite the like vertues and graces, where-

wherewith God hath beautified & adorned your worſhip aboue manie others, I ſay, when I remembred theſe things, with many mo, I could do no leſſe (hauing ſo fit an occaſion giuen me, by reaſon of my friends importunacie) then to dedicate theſe my labors to your worſhip, though not as a guerdon anſwerable to your deſerts, yet as an infallible teſtimonie, pledge and token

ken of my thankful good wil and gratefull heart towards you. And albeit that in reſpect of the formor methode of the booke (for herein I haue not ſtudied to be curious) it may ſeeme to be baſe and contemptible, and ſuch as is farre vnworthie to be exhibited, to ſo wiſe, ſo diſcreet, ſo godly and religious a gentlewoman, yet in regard of the matter, which is heauenlie and diuine, I moſt

moſt humbly beſeech you to accept therof, and to permit the ſame to go forth to the view of the worlde vnder the gard of your protection, and to patronize both the author & the booke againſt the poyſoned tongues of railing Phormions, *and flouting* Momuſſes, *to whom all good things are had in diſdaine. And in ſo doing, both God ſhall bee glorified by you, the church & Saints*

Dedicatorie.

ſhall praiſe God in you, and I my ſelfe beſides that I will not reſt vnthankfull to you to the death, will not ceaſe alſo to pray to God for you. And thus I moſt humblie take my leaue. From my Chamber, this preſent 10. of April.

1592.

Your worſhips in the Lord.

Philip Stubs.

To the curteous Reader, *grace, mercie,* and peace

GEntle Reader, I haue beene constrayned thorowe the importunacie of my friend to publish this little treatise or manuel of praiers & meditations, praying thee in brotherly loue & christian charitie (which as *Paul* saith couereth the multitude of sinnes) that if any thing haue passed my penne, either thorow

row lack of due cõsideration, or the presse thorow want of diligent attention, thou wilt yet, either friendly amend it with thy pen, or else silently passe it ouer. And if any thing seem harsh, rough or vnfiled, thinke that in this kind of argument I haue not studied to be curious & besides, impute the cause thereof to straitnesse of time, which would not suffer mee so much as to write out my copy twise, nor being once writ, scarce to read

read it ouer againe. Thus friendly Reader I cómit thee to God, praying thee to censure al things to ẏ beſt, and to helpe mee with thy praiers that both thou and I, and all the elect of God, in his good time appointed, may come to the full fruition, and poſſeſſion of all the ioyes and glorie of heauen, which God the father hath promiſed vnto vs, thorow his ſonne Ieſus Chriſt our Lord and Sauiour.

Thine in the Lord. P. S.

Certaine Graces to bee ſaide before *and after meat.*

O Lord our God wee giue thee moſt heartie thanks for all thy benefits which thou in mercie haſt vouchedſafe to beſtow vpon vs, and namely (O Lorde) for theſe thy creatures which at this preſent

we ſhall receiue of thy bounteous liberalitie, beſeeching thee to giue vs grace to vſe them both at this and all other times, to thy honour and glorie, and to the refreſhing of our hungrie bodies, that therby we may be made more apt to doe thoſe things which thou haſt commaunded vs in thy holy word. Grant this

O Lord for Iesus christ his sake our onely Sauiour. Amen.

Thankesgiuing after *meate.*

WE yælde thee hartie thanks, O most mercifull father for all thy benefites most liberally bestowed vpon vs, and especially at this time, for fæding vs so plentifully, and graunt

(good father) that wee neuer abuſe them, but that wæ may alwayes vſe them in ſuch ſort as we neuer offende thy maieſtie therby. Grant this, O father, for Jeſu Chriſts ſake.

Another prayer before *meate*.

O Gracious GOD, vouchſafe to looke vppon our weakeneſſe and

and want, and giue vs at this time those things which may be to our comfort, sanctifie these thy gifts, that our bodies beeing repleni-shed, we may be thanke-full, and enioy at thy mercifull handes, the bread of eternall life, to the releefe of our poore soules, through Iesus Christ.

An other praier after *meate.*

WE thank thee, most bountiful Lord, for this thy fatherly fæding our hũgry bodies, so likewise wee beseech thee fæde our hungrie soules with the breade of eternall life, ỹ after this life is ended, wee may ascend where christ Jesus our onely redæmer

mer is gone before. A-
men.

A praier before *meate.*

ALL things depend vppon thy prouidence (oh LORD) to receiue at thy gracious handes due sustenance for the maintenance of their nædy bodies, thou giuest it them, and they gather it, thou openest thy

thy hande, and they are satisfied with all good things, O heauenly father, which art the verie fountaine of al goodnesse, we beseech thee to shewe thy mercies vpon vs thy children, and sanctifie these giftes which wee receyue of thy merciful liberality. Amen.

A thankesgiuing after *meate.*

O Lord God, which of thy great bountie and fatherly kindnesse, hast at this time most plentifully fedde our weake bodies, giue vs grace continuallie to bee thankefull vnto thy Maiestie, for these and all other thy benefites most

moſt aboundantly at
all times beſtowed vp-
on vs, thorow Je-
ſus Chriſt our
Lorde. A-
men.

A note to knowe the *beginning and ending* of the foure Tearmes of the yeare.

HIllarie Tearme beginneth the three & twentie of Ianuarie, (which if it be Sunday) then the next day following, and endeth the twelft of Februarie.

Easter Tearme beginneth seuentene dayes after Easter, and endeth foure dayes after Ascension

Aſcenſion day.

Trinitie Terme beginneth ẏ next day after *Corpus Chriſti* day, and endeth the wedneſday fortnight after.

Michaelmaſſe Tearme beginneth the ninth of October (if if be not Sunday) and endeth the eight and twentie of Nouember.

The Queenes Maieſties Iudges neither ſit in Weſtminſter

minſter hall, nor heare anie matters pleaded in theſe dayes following. Namely, on the Aſcenſion, Saint Iohn Baptiſt, All Saints, the Purification of Marie, nor the Sabboth dayes.

Note alſo that the Eſchequer openeth eight dayes before any Terme begin, except Trinitie Terme, in which it openeth but foure dayes before.

Speciall Meditations for all times, and for all persons.

FIrſt, meditate with thy ſelf, and thinke what god is, namely a diuine ſpirite, or ſpirituall being: and therefore will bee worſhipped in ſpirite and truth. Conſider howe that this bleſſed God, being diuided into a Trinitie of perſons, the Father the

Sonne, and the holie Ghost, yet all one in substance and essence, hath by his almightie power created all things both spirituall and temporall, visible and invisible whatsoeuer. And as he hath created them by his omnipotent power, so doth hee rule and gouerne them by his prouidence, according to his good will and pleasure. And therefore think that nothing commeth to passe by fortune or chance, but by his heauenlie deter-

determination, and appointment. Consider how he hath created thée after his owne similitude and likenesse, and therefore oughtest thou to be holie, as he is holie. How he hath predestinate and chosen thee before the foundations of the world were layde, to everlasting salvation in Jesus Christ: how he hath and doth iustifie thee, that is, account thée iust and righteous by a true and liuelie fayth in the blood of his Sonne: howe

he doth call thée to the knowledge of his will, and to the state of grace. First by the secret working of his spirite, secondlie, by the preaching of his word: thirdlie, by the sight and vse of all his creatures of infinite varietie. Consider howe he made thée holy, pure and righteous, and howe thou by thy rebellion, pride, infidelitie, and disobedience, madest thy selfe sinfull and wicked. Then consider, howe hee sent his owne

sonne

sonne Christ Jesus to redæme thée by the shedding of his blood. Who as he is our onelie sauiour and redæmer, so is he our onelie mediator and aduocate, and onelie to be called vppon & inuocated, and neither Angel nor saint, martyr nor confessor, patriarch nor father, nor any other creature whatsoeuer. Consider with thy selfe, that as he hath fulfilled all things for vs, & reconciled vs to his father, so is he now ascended

into the heauens, to prepare a place for vs, who at the great day of accounts shall come againe in the same shape, and with the same bodie that he receyued of Marie, to iudge both the quicke and the dead, and to rewarde euerie man according to his workes. Thinke that after the generall iudgement, our bodies being made immortall, and incorruptible, shall bee vnited againe to their proper soules, and for euer inherite

the

the euerlasting kingdome of heauen, where is such ioy, as no heart can conceiue, no tongue, no not of Angels themselues expresse, nor any penne is able to write. These and the like meditations enioyed, render most hearty thanks vnto god in the name of Jesus Christ, for all his benefites and blessings in mercie bestowed vppon thee, pray for grace to bee thankfull, craue pardon for thy vnthankfulnesse, and the mor-

ning approching, exercise thy selfe as followeth.

Precepts and directions for *the morning*.

WHen thou arisest in the morning, lift vp thy handes, thy eyes, thy soule and mind towards heauen, giuing God heartie thanks, as generally for all his graces, and louing kindnesse shewed towards thée in Christ: so particularly for the quiet rest and sléepe, which he

hee hath giuen to thy bodie that night. Pray for his protection, and assistance, in the residue of thy life: which done, meditate thus with thy selfe.

Meditations in the *morning*.

SAy thus to thy selfe. This day which I now enter into, is my last day, nay this moment, my last breath. I haue no freehold of my life, fee simple of my dayes, no charter

charter of my yeares, no not for one minute of an houre, or twinckling of an eye. Death, yea infinite deathes daylie waite vpon me, and threaten my destruction: yea my body it self, carieth infinit deaths in it selfe, being indeed the efficient cause of it owne miserie and calamitie. Think also that as thy bodie now riseth out of thy materiall bed, so shal it rise out of the bed of thy graue at the great day of the Lord, and appeare before

the

the tribunall seat of God, all naked as euer thou wast borne, there to receiue either the incorruptible crowne of euerlasting glorie, or else the iust reward of perpetuall confusion. Thinke also, that as thou riseſt forth of thy bed to be occupied and employed in the labours and trauailes of this life, so shouldest thou arise out of the bed of sinne, to serue the liuing God, in holines and righteousnes all the dayes of thy life.

Medita-

Meditations to bee considered of, *at the rising of the Sunne.*

AS now this temporall Sunne in the heauens representing vnto vs the true Sunne of God Christ Iesus, is now risen, and hath spread his beames vppon the whole face of the earth, so shall the sonne of God indeed, at the time appointed manifest himselfe to

to the whole worlde, in vnspeakable glorie, to iudge all flesh, and to reward euerie worke vnder the Sunne according to the qualitie, and merite of the same. Thinke also what infinite glorie is treasured vp in the kingdom of heauen, for the elect and chosen of God, after this life. For if this Sunne in the element (being made but onelie for mans vse, and to giue light to the world for a time) bee so glorious as no mortall eie

eie without teares can beholde the same, how much more glorious shall we think the ioies of heauen to be, prepared for the elect after this life? Thinke also, that the Sunne in the element doth not onelie giue light to the world by his radiations and glistering beames, but also doth quicken, reuiue, fructifie, and cause to growe all naturall thinges vpon the whole face of the earth: so Christ Iesus the sonne of

God

God, doth not onelie inlighten man by the beames of his grace, and inspiration of his holie spirite, but also doth reuiue and quicken both our bodies, and our soules, being dead in sin, and also maketh vs fruitfull and plentifull in all good workes, to the praise and glorie of his holie name. Thinke also of the immensitie of this visible Sunne, which beeing in appearance but a small creature, yet such is the maiestie and glorie

glorie thereof, that it conueyeth his beames vnto euerie corner of the earth: and thereby gather thou, the immensitie and vnmeasurablenes of the son of God Christ Jesus, who being the verie light and life of the world, sitteth as a most glorious sonne in the middest of his creatures, imparting to euerie one of them certaine sparkes of his glorie, which beeing taken away, they all consume and come to nothing. These meditations

ditations ended, humble thy selfe before God, and pray as followeth, or otherwise as the spirit of God shall direct thy spirite.

A praier for the morning.



Y most glorious God and louing Father, who as thou hast by thy mightie power created all things; so hast thou by thy vnsearchable wisdome ord-

red and diſpoſed them, as may beſt ſerue for the benefit and comfort of man. I render moſt humble and heartie thankes vnto thée for all thy benefites and bleſſings, both infinite, and ineſtimable, in mercie beſtowed vpon mee, and namely for the ſweéte ſléepe, & quiet reſt, which thou haſt giuen to my bodie this night. And as thou haſt preſerued me this night from all perils and daungers; ſo I beſéech thée to kéepe my body and

and my soule this date, not onely from committing that which is evill in thy sight, but also from sustaining any evil through the envy of the divel, the malice of his ministers, the allurements and intisements of the world, or the corruptions of the flesh. And for that thou hast commaunded everie man to labor and travaile in his vocation and calling, for the maintenance of his estate, I pray thee (good father) so to bless all my la-

bours, and the worke of my handes, which I shall take in hand in thy blessed and holie name this day, so as they may tend to thy honour and glorie, the relieue of my necessities, and the common benefite of all men. In all which my labours, giue mee grace (I beseech thee most mercifull Father) to deale faithfullie, trulie, & vprightly, with all men, and not to increase my wealth by anie wicked or vnlawfull meanes.

Grant

Grant that I maie spende this daie in such holie exercises as thou hast commanded in thy blessed woꝛd, eschuing those things which are euill, and foꝛsowing those thinges which be good. And foꝛ that we are as it were besieged, and on euerie side beset, and most stronglie assailed with many and puissant enemies, as the deuill, & his members, which are infinite, on ỹ one side, the woꝛld & the flesh on the other, I beséech thée (good father) to

preserue mee thy seruaunt from all their rage and furie, from al their force & violence. And to this end, let thy holie Angels pitch their tents round about me, conduct me by their ministery, & preserue me by thy mightie power, so shall I prayse thée for euer, in the congregation of thy Saints, through Iesus Christ our Lord. Amen.

Precepts

Precepts at thy going foorth of thy Chamber.

When thou goest forth of thy chamber salute thy bedfellow (if thou hast any) giuing him the time of the day, & in méeting others do the like, (for ciuilitie requireth it.) And when thou commest into the presence of thy parents, not onely salute them, but also fall downe vpon thy knées before them,

and desire them to praie to God to blesse thée. When thou hast so done, wash thy face and thy hands, and kéepe thy bodie cleane and neat, in the doing wherof meditate thus with thy selfe.

Meditations in the washing *of ones face and hands.*

AS the filthinesse and pollution of my bodie, is washed and made cleane by the element of water; so is my bodie,

bodie, and soule purified, and washed from the spottes and blemishes of sinne, by the precious bloud of Jesus Christ. Thinke also, this washing putteth me in remembrance of my baptisme, of my spirituall birth and regeneration, whereby I am not onelie borne anew by the operation of the holie Ghost; but also am sealed vp to eternall saluation, thorowe the redemption that is in Christ. These Meditations ended, pray as followeth.

A praier to be said at the washing of ones face and hands.

MOst gratious God, and louing father, who hast giuen thy onelie begotten son Jesus Christ, to suffer death vpon the Crosse for my redemption, graunt I most intirelie beseech thee, for his sake, that as this my bodie is nowe washed, and made cleane by the element of materiall water; so my bodie and

and soule, may both be purified and purged from all vncleannesse, and filthinesse of sinne, through the efficacie of thy sonne his most precious bloud. These things thus ordered, go forth to thy labours in the feare of God, doing all things to his glorie, and the good of thy brethren.

Meditations before and *at dinner.*

When dinner time approcheth, meditate thus with

with thy ſelfe, as this earthly tabernacle of my bodie hath néed to be relieued and ſuſtained with common aire and materiall foode; ſo my ſoule hath much more néede to be refreſhed, and fedde with the incorruptible food of the word of God: and then as thou doſt hunger after the one, ſo thirſt thou much more after the other. This done, draw néere to the table with reuerence, and with heartie affection pray as followeth.

A praier before meate.

MErciſull father, who in thy great wiſedome and incomprehenſible power, haſt not only created the foules of the aire, the beaſts of the earth, and the fiſhes of the ſea, of infinite variette, for the benefite and vſe of man; but alſo by thy bleſſing doeſt dailie multiplie and increaſe them for the ſuſten-

sustentation of mans bo-
dies, sanctifie, I beseech thee,
these thy creatures by the
power of thy worde, giue
them strength to nourish my
bodie, and me grace to vse
them to thy glorie, and my
owne comfort. And as in
mercie thou doest fede my
bodie with these earthlie
creatures, which are transito-
rie; so vouchsafe to fede my
soule with the spirituall foode
of thy blessed word, which is
euerlasting, and neuer shall
decay,

decay, thorow Jesus Christ my onelie Lord and saviour, and for hs sake. Amen.

Directions how a Christian should behaue himselfe at the table.

When thou comest to the table, shew all obeysance, and curtesy, behaving thy selfe modestlie, humblie and soberlie, as in the presence of God. Eate so much as nature requireth, not how

how much insaciable appetite desireth. Be spare as well of hande, as tongue. Let thy countenance be amiable and pleasant toward all men. Let all thy communication bee seasoned with salt, as the Apostle speaketh, that it may giue grace to the hearers, remembring that wee must giue accounts at the day of iudgement for euerie idle word. Vse not to laugh much, to iest, or scoffe, to floute or mocke, to deride, backbite, or

detract

detract anie man behind his backe, but in all things so demeanor thy selfe, that thou maist neither dishonour thy God, nor giue either offence, or euill example vnto anie at the table. Dinner being ended, giue God thankes as followeth.

A thankes giuing to God *after dinner.*

MOst holy father, Lord of heauen and earth, I giue thée thanks in

the name of Jesus Christ, for all thy benefites and blessings in mercie bestowed vpon mee euer since I was borne. And namelie, O Father, I praise thée for fæding my hungry body, as alwaies heretofore, so now presentlie at this time, with earthlie foode, beséeching thée to fæde my soule likewise with the celestiall foode of thy holie worde. And I pray thée, good Lord, that as thou hast giuen vnto mee the vse of these earthlie

earthlie creatures in great measure; so thou wilt in mercie vouchsafe to giue vnto me the continuall supplie of al my necessities and wants, needefull either for my soule, or bodie, to the end, and in the end, thorow Iesus Christ our Lord.

Meditations after dinner.

THinke thus with thy selfe. As the mouth of my bodie whereby I receiue

corporall sustenance, is flesh and blood; so the mouth of my soule, whereby I receyue the spirituall foode of eternall life, is faith towardes God, hope in his promises, & loue from a pure heart towards ỹ brethren for his sake. Thinke also, that as ỹ Sun is now in his highest ascent & degrée, and therefore of necessitie must nedes decline, and go downward: And as the day also is now at the midst, or full, and therefore must needs in

in like maner draw towards his end; so my life being once come to his full ripenesse and maturitie, must of force draw towards his end, which is death, the reward or salary of sinne. These things thus performed, dispose thy selfe to the labors of thy vocation, as before, doing all things to the glorie of him that made thée, and one day will require a straite account of thée for all thy labours and workes done under the Sunne.

Directions how to behaue *thy ſelfe before and after Supper.*

WHen the daie is ended, and the night approcheth, firſt praiſe God, for thy preſeruation, and protection that day, beſeeching him to take like care ouer thee that night. This done arraine thy ſelfe (as it were) at the barre, and call thy conſcience to accounts, demaunding

ding of thy ſelfe, as wel what good thou haſt omitted, and haſt not done, as the euill which thou haſt committed, and ſhouldeſt not haue done. And as well repent for the one, as be ſorowfull for the other. This done, draw to wards the table in reuerent maner, praying GOD to ſanctifie his creatures vnto thée, either in this, or the like forme.

A thankes giuidg to God *before Supper.*

FAther of mercy, and God of all trueth, lake downe I beséech thée, from the throne of thy heauenly pallace vpon vs thy humble seruants, albeit most wretched and miserable sinners, sanctifie both our bodies and soules, by the presence of thy holie spirite, and blesse these thy creatures vnto vs, giue them

them ſtrength to nourith our bodies, and our bodies their naturall powers and force, euerie member to performe his office and dutie, according as thou haſt appointed, & as thou ſeeſt to bee beſt for thy glorie, and the ſuſtaining and repairing of our ruinous and weake natures. And we pray thee good father alſo, to feede our ſoules with the celeſtiall Manna of thy bleſſed worde, and bring vs once to ſuppe with thee in the kingdome of heauen,

heauen, thorow the precious bloud of Iesus Christ.

Then fall to thy meate reuerentlie, as before at dinner, hauing alwaies a diligent eie, that thou abuse not the good creatures of God, by gluttonie, drunkennesse, gourmandise, or anie other kinde of riot, or excesse. Remember that nature is satisfied with a little, and what is more then will suffice nature, is superfluous, and one daie thou shalt be accomptable for it,

it, to the great iudge of all the earth. Thy bodie being satisfied, forget not to relieue the necessitie of the Saints, according to thy abilitie, that God maie blesse thée, and multiplie thy store. When Supper is ended, giue God thanks, eyther as followeth, or otherwise, as the spirite of God shall illuminate thy heart.

A thankesgiuing to God *after Supper.*

O Lord our god, most gracious & holie father, we render all praise and thankesgiuing to thy soueraigne maiestie, for all thy benefites and blessings so plentifully bestowed vppon vs. And namelie we thanke thée (holie father) for these thy good creatures, which thou hast at this present in full measure

measure giuen vnto vs. Oh Lord make vs thankfull for them, & pardon our vnthankfulnesse for Iesus Christ his sake. Finally, make vs al thy true, obedient and faithfull seruants, and bring vs to euerlasting life in thy good time, for thy great mercies sake in thy beloued. Amen.

Directions of Christian *behauiour after supper.*

THe rest of the time after Supper vntill thou goest to bed, spend

spend with thy familie, either in singing of Psalmes, and spirituall songs, singing and making melodie to the Lord, in your hearts: or else in conferring, reasoning, disputing & talking of the word of God, in reading, expounding or interpreting of the same. Then, when time calleth thée to go to bed, call thy whole houshold together in some conuenient place, make publike confession of your sins to God the Father, craue

pardon

pardon and forgiuenesse for Iesus Christs sake, and pray for grace to bee able to resist sinne hereafter, with all meanes, waies, and allurements leading thereunto. Which done, repaire to thy chamber, reuoluing with thy selfe these and the like things following.

Meditations when thou cõmest into thy chamber.

WHen thou art come into thy chamber, call to

thy remembrance what euill thou hast committed that day past, either in thought, word, or déed, towards GOD, or towards man, and the good which thou shouldest haue done, and hast not done. If thou hast séene or heard anie good thing in anie man, note it, learne it, and praie for grace to follow it. If againe thou hast séene or heard anie euill in anie man, note it in thy selfe, and pray for grace to eschue it. This done, kneele

downe

downe by thy bed side confesse thy sinnes to GOD the father, craue pardon for Iesus Christ his sake, and pray to him to protect thee that night, and to defend thee vnder the shadowe of his wings, from all perilles and daungers both bodilie and ghostly. Thy clothes being put off, meditate thus with thy selfe. Oh what a filthie, vncleane, and vggiesome carkasse doe I beare aboute with me, that for verie shame

had neede to be couered with garments? Thinke also from what an excellent state and dignitie (in regard of thy first creation) thou art fallen, by reason of the filthines of sin. Then thinke, that if thy apparell were giuen thee for verie necessities sake, to couer & hide thy shame withall, what reason hast thou to be proude therof? For should a begger bee proude of the cloutes that wrap his sores? Thinke also, that as thou

canst

canst not without shame stand before men, naked and bare, so canst thou not without shame and confusion of face, stand before the maiestie of God, except thou be clothed & inuested with the garment of Christs righteousnes and holines. Finallie thinke, that as thou puttest off, and laiest aside thy materialgarments: so shalt thou once, and peradventure before thou rysest againe, put off, and lay away the earthlie mansion of thy

bodie, committing it to mo-ther earth againe, from whence it first came. When sleepe commeth vppon thee, pray as followeth.

A prayer when sleepe com-meth vpon one.

MOst mercifull fa-ther, with whom there is no diffe-rence of time, nor va-rietie of chaunge, seeing thou hast appointed the day for man to trauaile in, and the

the night for him to take his naturall reſt, I beſeech thee that as my bodie hath beene occupied and employed this day in the labors of this life, ſo it may receiue by thy protection quiet reſt and ſléepe this night, that I may be the abler to go forwarde in the exercise of good workes, in the reſt of my life that I haue to liue, to the praiſe and glorie of thy bleſſed name. And in this my ſléepe defend me, I beſéech thée, from all perilles

and daungers, and from all the force & violence of mine enemies both spirituall and corporall. And as it maie please thée to graunt to my bodie quiet rest and sléepe; so let it bee thy good pleasure to make my soule watchful and vigilant to waite vpon thee, and diligentlie to looke for ỹ comming of thy deare sonne Jesus Christ vnto iudgement for my redemption. Kéepe me from al fearefull dreams, and visions, from all phantasticall

ſticall apparitions, & diuelish illuſions of the wicked enemie, from all carnall polluſions, & vngodlie ſuggeſtions of the wicked ſpirit. Finallie graunt, that both my bodie and my ſoule, reſting vnder thy diuine protection, may be ſafe from all enmitie and hoſtilitie whatſoeuer, and at the laſt may attaine euerlaſting life, thorow Jeſus Chriſt my onelie Sauiour and redéemer. This done, diſpoſe thy ſelfe to reſt, com-

mitting both thy bodie and soule into the hands of God, praying him to be thy watchman that night. Then discend thou into the secret closets and priuie chambers of thine heart, search euerie place, and ransacke euerie corner: and if thou findest anie filthinesse or vncleannes therein (as indeed thou shalt find nothing else) wash it away with the teares of repentance, & make it cleane with the brome of contrition. Then thinke thus

with

with thy selfe. My bed doth represent vnto me my graue, wherein I must once sléepe, and the clothes, the earth, wherewithall I shall shortlie be couered in my sepulchre or graue. And as these flees and gnats do bite and gnaw my skinne, so shall the wormes, eate and consume the frame of my bodie, in the dust of the earth, when the Lord doth please. When the morning beginneth to dawn and the daystarre to appeare,

shinke

thinke thus. As nowe the morning commeth on, and the daie starre beginneth to appeare, so shall Christ Jesus the true morning star, shewe himselfe at the time appointed of his father, to iudge both the quicke and the dead. And when thou hearest the crowing of the cocke, the sounding of belles, or anie other noise whatsoeuer, think alwaies, that thou hearest the trumpe of the Archangell sound, saying, arise you dead,

and

and come vnto iudgement. When thou awakest out of sleepe, praie to this effect as followeth.

A prayer when one awakes *out of sleepe.*

MErcifull father, grant that as thou hast now awaked my earthlie bodie out of this materiall sleepe, so thou wilt also vouchsafe to raise me vp from the sleepe of sinne, and in the generall resurrection of all flesh,

flesh, to eternall life, thorowe Iesus Christ my onelie Sauiour and redeemer.

Meditations when one awaketh out of sleepe.

CAll to remembrance the vnspeakeable ioie, glory and beatitude, the ineffable blessednes, comfort and solace, which all the chosen of God haue, and shall haue for euer after this life, in the kingdome of heauen.

uen. Thinke also of the wonderfull beautie that our bodies shall haue and inioie at the day of iudgement, being made like to the glorious bodie of Christ Iesus, and shining for euer as the Sun, in the kingdome of heauen.

A prayer to be said at the *breake of the day.*



H Lorde thou great and euerlasting light, from whome all other

other lights whatsoeuer haue their being, & in comparison of whom, they are all but grosse and palpable darknes, illuminate my heart, and inlighten my vnderstanding with the perfect knowledge of thy blessed will. And grant that I knowing it, maie faithfullie obeie thæ in the same all the daies of my life, that at the last I may attaine to euerlasting rest both of body and soule, thorow Jesus Christ our Lord. Amen.

Medita-

Meditations at the appearing of the day.

THinke with thy selfe, that as thy earthlie bodie is guided and gouerned by thy bodilie eies; so, and much more, is thy soule and mind guided, ruled and gouerned by the direction and inspiration of Gods holie spirit. And therefore howe much more precious the eie of the soule is, then the eie of the

the eie of the bodie; so much moze is the one to be sought foz, then the other. Think that bzute beasts haue their bodi, lie eies, but man hath not onelie cozpozall eies, but spiritual also, whereby hee discerneth strange thinges, conceiueth infinite things, vnderstandeth wonderfull things, beléeueth all things, and hopeth all things. This done pzay as followeth.

A praier when one ariseth *forth of his bed.*

I Confesse most mercifull father, our first parents by sinne threw themselues, and all their posteritie into a most deadly lethargie, and sleepe of sinne, whome thou in great mercie vouchedst safe to restore againe, and redeme by the death of thy sonne. Grant holie father, that as thou hast now rayled my bodie from

[illegible]pe; so thou wilt also raise both my bodie and soule, from the deadlie sléepe of sinne, and at the last from the dust of the earth, to dwell with thée for euer, in thy euerlasting kingdome, thorow Jesus Christ.

Meditations when one ariseth out of his bed.

THinke that as thou now arisest forth of thy bed, so shouldst thou rise from

from sinne, to [illegible] ning God in ho[illegible] righteousnesse all [illegible] of thy life. Thinke also, that thy bodie shall rise againe in the end of the world, either to euerlasting life (if thou do well) or to euerlasting death (if thou do euill.) Then put on thy apparell, in the doing whereof pray thus.

A praier to be said at the putting on of a mans clothes.

BLessed father, seeing my naturall corruption and filthines is such, and so great, that of necessity it must be couered with these earthly garments, least otherwise my nakednesse and shame should appeare to the world, clothe me, I beseech thee, with the garments of Christs righteousnesse and holines,

holines, and impute not vnto me my manifold sinnes and offences, least I receiue not shame onlie, but euerlasting confusion both of bodie and soule, as a iust reward and guerdon for my deserts.

Christian directions for the *morning*.

When thou hast attired thy selfe decently & comely, not pompously nor proudlie, goe forth of thy

chamber, and if thou beest a maister of a houshold, call thy familie together, confesse your sinnes, craue pardon for Iesus Christ his sake, pray for grace to resist sinne hereafter, prayse God for all his benefites, and blessings in mercie bestowed vppon you, pray for continuance of them. Thanke him for your protection that night, beseeching him to protect you that day, and to blesse all your workes and labours. And finally,

ually, desire him to keepe and defend you that day, and euer from all perils and dangers, both bodilie & ghostlie whatsoeuer, and to bring you to euerlasting life at the time appointed, shewing the precious bloud of Iesus Christ. This done, go forth to thy labours in the feare of God, doing all things with single eie, and good conscience, to the praise of him that made thée, being assured that as in mercie he will not leaue the least

good worke that we do vnre-
warded: so in iustice he will
not leaue the least euill that
we doe commit, either in
thought, word, or déed, vnpu-
nished, except we repent. To
God therefore our father, to
Christ Iesus our Sauiour
and redeemer, and to God the
holie Ghost our comforter,
and sanctifier, thrée persons
and one true and euerlasting
God, be all honour, glorie,
praise, dominion & thanksgi-
uing for euermore. Amen.

A ſhort Treatiſe of praiers and ſupplications,

Compriſing a briefe ſumme of all ſuch *things as we ſtande* in neede of in this life.

By the ſame author,
P. S. Gent.

A praier for the *morning*.

I Giue thée thanks moſt merciful fa-ther, for all thy tender mercies, and louing kindnes ſhewed towards me in Chriſt Jeſus euer ſince I was borne, and namelie for the quiet reſt and ſléepe which thou haſt giuen to my bodie this night, and for preſeruing of me from infinite

infinite perils and dangers whereunto poore man is subiect in this life. And I beseech thée holie father, to extend thy louing fauour towardes mée this day: defend me from all mine enimies both bodilie and ghostlie, blesse all the woorkes of my hands: grant good issue and good successe vnto mee, in all my godlie actions, enterprises and affaires. And aboue all things giue me a willing heart, and a readie mind to serue thée, in true

true holineſſe and righteouſneſſe all the daies of my life: that I glorifying thée here vpon earth, may be glorified of thée for euer in heauen, thorow Ieſus Chriſt our Lord, Amen.

A praier for the Euening.

MOſt gracious God, I praiſe thee thorow Ieſus Chriſt, for defending of me this day from all

all dangers of bodie & soule, and for all thy other benefites which thou hast plentifullie bestowed vppon me. And I pray thée, good father, to pardon and forgiue me all my sinnes and wickednes wherin I haue offended thy diuine maiestie, either this day, or anie day of my life here tofore, euen to this present houre. And receiue mee this night into thy tuition and protection, that my enimies may haue no power ouer me,

me, nor in anie sort prevaile against me: but that my bodie by thy gracious goodnes, enioying quiet sleepe, my mind, my soule & spirite maie continually waite vpon thée, and thorow faith behold thy blessed maiestie with an assured confidence, and an infallible hope, after this fraile and transitorie life ended, to possesse that immortall and everlasting glorie wherein thou eternallie reignest, to whome bee all honour and

glorie

glorie for euermore.

A generall confession of our sinnes to God the father necessarie to be said at all times.



O Eternall God, father of our lord Jesus Christ, without beginning or ending, & of whom all things haue their being, I a poore wretched and miserable sinner, lamenting my sinnes from the bottome of my

my heart, prostrate my selfe before the footestoole of thy blessed maiestie, acknowledging and confessing, that I am a most grieuous sinner, begot, conceyued, and borne in sinne, and liuing in all corruption and iniquitie, so that in me there is no goodnesse: yea, my whole nature is so corrupt, that my verie righteousnesse it selfe is nothing but sin in thy sight: wherefore deare father, setting a part al my own pretensed merits

as insufficient to purchase thy fauor, I come vnto thee in the name of thy beloued son Iesus Christ (who is made vnto vs, holinesse, righteousnesse, sanctification, and redemption) most humblie beseeching thee for his precious bloud shedding, and for his bitter death and passion, to haue mercy vpon me, pardon and forgiue me all my sinnes and wickednes, both originall & actuall, of thoughts, words, workes and deedes, of presumption,

sumption, of frailtie, of ignorance, and of knowledge, or how soeuer els committed against thy soueraigne maiestie, euer since I was borne. God father blot them out of thy remembrance, hide them in the bloudie wundes of thy sonne, wash them away in the streames of his blood. Accept his holinesse for my holinesse, his righteousnesse for my righteousnesse, and his precious blood as a full recompence, satisfaction and pro-

propitiation for al my sinnes. And as I craue pardon for al my sinnes past; so I beséech thee, for thy great mercies sake in Jesus Christ, giue me grace, power and strength, to resist sinne hereafter, with al occasions, meanes, wayes, and allurements leading therevnto. And because (oh Lord) without faith nothing can please thée, giue me, I beséech thée, a true, perfect and a iustifying faith; without the which no man shall see thy blessed

blessed face. Strengthen this faith in mee for euer to the end, & in the end, grãt me thy holie spirit trulie to repent, and most hearkilie to sorrow for the multitude and heynousnesse of my transgressions. Worke in me also (good father) an inwarde hatred, lothing, and detestation vnto sinne, that I walking before thée with vprightnes of hart, may after the dissolution of this my earthlie tabernacle, inherit eternall glorie in the

heauens, thorow the merits of thy sonne Christ Iesus, Amen.

A confession of our sinnes to *Christ Iesus our sauiour, with desire of forgiuenes.*

O Thy sweete Iesus, oh most glorious Iesus, sonne of the eternall God, whocamest into this world to take away the heaute burthen of them that were laden, to seeke them that were lost,

lost, and to call sinners to repentance, to giue life to the faithfull, and to be a mediatour betweene God and man. I a poore and miserable sinner, lamenting my sinne from the bottom of my hart, most entirelie beséech thee for thy infinite mercies sake, according to thy accustomed woont, to pardon and forgiue me all mine offences, sinnes and wickednesse, of what nature or kind, or how manie or grieuous soeuer they be, and

to be my mediatour and aduocate to God thy father, to appease his wrath, to satisfie his iustice, and to reconcile me into his fauour againe. Regenerate, renue, and sanctifie my heart (swéete Iesus) with thy holie spirite, the spirit of truth, that I maie proceéd and go forward from vertue to vertue, from grace to grace, from holinesse to holinesse, vntil I arriue in the kingdome of heauen, the most quiet and happie hauen

and

and port of all peace, throw the merits of thy bloud.

A fruitfull praier to God the *holie Ghost.*



Thy most glorious spirite of the most high god, who being true & euerlasting God, with God the father, and God the sonne, proceedest from them both, who also by thy heauenly inspiration and breathing, dost quicken them that before were dead in sin, comfor-

comfortest them that were comfortles, inlightnest them that were ignorant, bringest into the way of truth all such as haue erred and are deceyued, and plentifullie enrichest them with vnspeakable graces, that pray vnto thée in the name & mediation of Jesus Christ. Purifie my hart with the fire of thy loue, mortifie in mee whatsoeuer is not thine, garnish my mind with all heauenlie and spirituall treasures, that I may bée a most

most beautiful temple for thy blessed maiestie to dwell in, to lead me into all truth, oh thou euerlasting spirite of euerlasting truth, and suffer me not to bee caried about with euerie blast of strange doctrine, but alwaies to remaine and abide in that doctrine, whereof thou onelie art the authour. Inarme my soule against the poysoned suggestions, & craftie temptations of the deuill, against the vaine pleasures and deceiuable

ceiuable delights of this life, and against the filthie lusts of this my cankred flesh, that I being indued and replenished with thy holie breath, may doe that which is pleasant and acceptable vnto thée, to whom bee all honour, glorie, and thankesgiuing for euer, Amen.

A Praier for the Queenes *Maiestie*.

WE render all prayse and thanks to thée, oh king

king of all kings, and gouer-
nour of all things, for that in
the multitude of thy mercies
thou hast vouchedsafe to
place ouer vs thy little flock,
so godly & vertuous a guide,
so gracious & wise a princes,
as the worlde neuer had her
pere. And we humblie pray
thee, holie father, with thy fa-
uourable countenance to be-
holde the same thy seruant,
our souereigne Ladie and go-
uernesse. And so sanctifie her
heart with the grace of thy
holie

holie spirte, that shee maie bend all her studie and indeuour to ẏ setting forth of thy glorie, ẏ maintenance of thy holie religion, the aduaunce-ment of true vertue and god-lines, the supplanting of vice and commoditie of this her maiesties common weale vnder thee: kindle in her a fer-uent zeale of thy glory and a vehement desire to establish whatsoeuer is defectiue or wãteth in this thy Church & vineyard in England, for the

true

true & sincere discipline & gouernment of thy church & cõmon welth. Saue and defend her from al forreigne power, & authoritie, from all traitterous conspiracies, plots and practises, either of papists, Atheists, or any other sectaries whatsoever. Giue her godlie, wise, & religious counsailers, such as may respect onlie thy glorie, that her maiestie ruling according to thy will, they counselling according to the inspiration of thy holy spirit,

and

and we her subiects faithfully obeying, may altogether in the end receiue the incorruptible crowne of eternall glorie in the heauenlie Hierusalem, thorow Iesus Christ our Lord, Amen.

A praier to be said of all such *as be maiestrates and rulers in the common wealth.*

INasmuch as it hath pleased thée oh, eternall God, ruler of all kinges and king-

kingdoms, to constitute and appoint me (though altogither vnworthie) to be a ruler and gouernour of thy people vnder my soueraigne; I beseech thee, giue me grace, so to execute my office, and minister iustice in the common wealth, that I maie please thée in all things iniurie no man, oppresse no man, damnifie no man, neither in bodie, nor in goods, but by thy gracious working, may iudge iustly, neither fauoring

the rich nor mightie for desire of gifts, nor yet dispising the poore for want of rewardes, that I seeking thy glorie, the aduauncement of thy holie word, and Gospell, and the common benefite of all men, may be found acceptable vnto thee in thy beloued, and may heare that swéete harvest sung, well good seruant, thou hast béene faithfull in small thinges of this life, (which) are but vanities and trifles to the things in the life

to

to come) enter into the ioy of the Lord. Oh Lord let it be so for Iesus Christ his sake. Amen.

A praier for the increase of *faith*.

O Almightie God, and louing Father in Iesus Christ, by whose holie worde wee are taught, that without faith it is vnpossible to please thee, vouchsafe therefore most mercifull

Lord God) to plant in my heart and mind, a true perfect and a iustifying faith, that I may certenlie knowe thee, the onelie true God, and him whome thou hast sent Jesus Christ, with the holie spirite our comforter, sanctifier, regenerator, instructer, and teacher. Increase this fayth in me (O Lord) daylie more and more, that it may growe vp to full perfection, accompanied with good workes, without the which no man

shall

shall sée thy glorie. Banish farre from me, sweet father, all infidelitie & incredulitie, all mistrust, and distrust, all dobting and wauering, in stead whereof, plant in my heart a constant hope, with a carefull kéeping of all thy commaundements, that I doing that which is good and acceptable before thee, may be glorified of thée in the end, in the kingdome of heauen, thorow Iesus Christ our Lord.

A praier against the deuill, *the world and the flesh.*

MOst mercifull father, I a poore wretched and miserable sinner, humblie beséech thée, to send me frō thy holy heuens, both power and strength to resist and withstand al the assaults, fiérie darts, and subtle temptations of the deuill, who like a roaring Lion, goeth about séeking to deuoure me. Giue

me

me also thy holy spirit, with grace and strength to resist all the raging lusts, and filthy concupiscenses of the flesh, with all the vanities of this wicked world, that being by thy onelie helpe acquitted and freed, from the force and violence of these & all other my mortall enimies, may serue thée in holinesse and righteousnesse all the daies of my life, thorow Christ our Lord.

A praier for Gods direction *in all things which we take in hand.*

O My Lorde my God, I doe acknowledge and freelie confesse my owne great blindnesse, and ignorance, and the wilfull obstinacie of my corrupt nature, which seeketh rather to fulfill the fantasies & deuises of my owne braine, then the motions of thy holie spirite, and rather to vse humaine helpe

help, then to craue thy diuine ayde. Wherfore, holie father, vouchsafe I beseech thee, to establish in my heart, godlie feare, with most sincere obedience to thy holie ordinãces, statutes and lawes. And for that without thy blessing nothing can prosper, or come to good effect, blesse al the works of my hands, all my labours, actions and affaires, which I shall take in hand in thy holy name, according to thy will, for the necessarie maintenance

nance of my poore estate. Grant me good issue, and good successe in them for the glorie of thy holie name, that I hauing plentie of al good things in this life, may bee rich and plentifull in all good workes, to the glorie of thy holie name, and profite of my brethren, through Iesus Christ our Lord.

A praier for a competent and *a necessarie liuing.*

O My Lord our God, most gracious & holie father, whose

whole loue towards man in Christ Jesus, is infinite and vnspeakable, & whose tender care ouer him is such, that thou hast promised that whosoeuer beléeueth in thée, dependeth vppon thy prouidence, and séeketh his reliefe at thy blessed handes, shall neuer want anie good thing, either necessarie for soule or bodie. Wherefore most gracious father, I thy sillie creature, of my selfe pore, yea pouertie and nakednesse

it

it selfe, most intirelie beseech thee, for Jesus Christ his sake, that thou wilt giue vnto me a competent, and a necessary liuing, as meate, drinke and cloth; with all other thinges needfull for my bodie, that pinching pouertie oppresse me not, nor that I bee not drawen to attempt wicked and vnlawfull meanes for the maintenance of my life. To this ende therefore (good father) blesse my store, and replenish my basket with thy blessings,

blessings, that I may be able thorow thy beneficiall liberalitie, to liue out of debt and danger of all men, and to occupie my selfe in the exercise & practise of good workes, to the releefe of them that haue néede, and the setting forth of thy honour & glorie, thorow Iesus Christ our Lord. Amen.

A praier for grace that wee *may vse our wealth to the glorie of God.*



Almightie & most mercifull father, the onelie giuer of al good things, the onelie stay and comfort of all mankind, giue mee grace thy humble seruant, that as thou hast blessed my store, & increased my wealth exceedinglie, farre beyonde either my deserts or expecta-

tion,

tion, insomuch as I haue not onelie sufficient to supplie mine owne want, but also inough to relieue others that haue need: so I beséech thée to remoue farre from mee all couetous desires of lucre and gaine, and giue me a willing mind, and readie desire to distribute to the necessitie of thy saints, according to the abundance of my wealth, to féed the hungrie, to cloth the naked, to harbour the harbourlesse, to visite the sicke

and

and needie, and to do all other good workes which thou requirest of me in this life, that I liue not to my selfe, and for my selfe onelie, but to the helpe and releefe of all that haue néed of my furtherance in this life, that treasuring vp for my selfe a good foundacion in the kingdome of heauen, I may inherite eternall life thorow Iesus Christ my onelie Lord and sauiour, Amen.

A praier to be said of women *with childe*.

ALmightie & most mercifull Father, creator of heauen and earth, who in the beginning for the sinne of our first parents, diddest laie a most heauie iudgement vpon the sinfull daughters of disobedient Eue, namelie, that in sorrow & great paines wee shoulde bring forth our fruit. And for that our nature

is weake, and our sex fraile, & altogither vnable to beare the pangs, the throbbes and throwes, which accompanie vs poore women in these our trauailes, I most humblie beseech thee, (holie Father) for Iesus Christ his sake, that thou wilt extend to me, and to all others in the like case, thy mercie and louing fauor, to mittigate the paines therof, that we may be able to sustaine and to indure the pangs and paines of our tra-

uailes

vailes at the appointed time, that the fruite of my wombe wherewith I am now laden, maie graciouslie be deliuered from my weake and frail bodie, to thy praise and glorie and my comfort. Send vs (good father) both easie, and spéedie deliuerance, that wee maie become ioiful mothers, of happie children. Graunt both to me, and to all others, who by thy blessing haue conceiued with childe, strength to bring forth that which thy

almightie hand hath so wonderfullie wrought in vs. Bee present with vs (good Lord) in all our trauailes, helpe vs, and most graciously deliuer vs. Let thy mightie power and outstretched arme, be no lesse manifested in the deliuerie, then it was, and is in the forming, and framing of thy creature in our wombs: and after our deliuerie vouchsafe (holie father) to restore vs to our former strength, and ability of bodie againe, that we

maie sing vnto thée the Psalmes of praise & thanksgiuing all the dates of your liues, through Iesus Christ our Lord.

A praier for godly wisedome.

HOlie father, who art wisedome it selfe, light it self, and vnderstanding it selfe, vouchsafe to giue vnto me thy selfe creature, that excellent gift of

wisedome, discretion and vnderstanding, replenish my heart with all heauenlie prudence, renue a right spirite within me, and write thy holy lawes in the tables of my hart, by the finger of thy holie spirit, that I walke not in the waies of errour, neither yet be caried awaie with euerie blast of vain doctrine. Sweet father, giue me this blessed gift of heauenlie wisedome, that I may perfectlie knowe and vnderstande what thy

holie

holie will and pleasure is, in all things: and grant that I knowing it, may faithfully obey it, and walke in the true obseruation thereof all the daies of my life, that hauing the lampe of loue, and the candle of true faith continuallie burning, in the secrete closets of my heart, I may at the last enter with thine elect into the kingdome of heauen, purchased with the blood of thy sonne to all faithfull beléeuers. To thée there-

fore with thy deare sonne Jesus Christ, and the holie spirit, be all honour and glorie for euer. Amen.

A praier against all kind of enemies.



Y Lord such is the malice of Sathan that he not onelie seeketh my confusion himselfe, but also raiseth vp his members, wicked men, in number manie, in power strong and mightie to practise my destruction: wher-

fore

fore (holie father) receiue me into thy protection, and safegard: driue backe and confound them all that rise vp against mee: fight for me against them that fight against me. Strike a terrour into their harts (oh lord) that they may not dare to lift vp a hand against me. Turn their wicked imaginations & deuises from mee, either to their amendment, or to their owne confusion. Let all the woordes which they

vtter

vtter to my discredite, re-
dound to their owne shame.
Let thy holie angels pitch
their tents about me, and de-
fende mee from the rage and
furie of all my enimies, that
they maie, not onelie not
prevaile against me, but also
maie flie before my face by
the mightie power of thine
owne right arme. God Fa-
ther, looke vpon them, either
in mercie to conuert them,
and to turne their hearts, or
else in iustice to confound
them,

them, that they neuer haue power to hurt me thy seruãt, either in body, goods or name, so shall I praise thée for euer, through Iesus Christ my onelie Lord and sauiour. Amen.

A praier when one taketh a *iourney in hand.*

O Lord God, who not onlie guidest and directest all those that walke and trauaile in this worlde, but also defendest them from infinite

infinite perils and dangers in the same: vouchsafe to holde thy holie hands of protection ouer me, and defende me from all hostilitie and enmitie whatsoeuer in this my intended iourney, which by thy diuine assistance I purpose to take in hand at this time. And because (O Lord) my enimies are manie and stong in this world, which lie in waite for me, and seeke my destruction, I most humblie beseech thee for Jesus

Christ

Christ his sake, to command thy holie Angels to conduct me, by their ministerie, and to preserue me by thy mighty power, let them goe before me, and deliuer me, as they did thy seruant Tobias trauailing into a strange countrie. Prosper me also in this my iournie (good father) that my businesse maie haue good successe, and that I maie by thy blessed assistance returne home again safe & sound, both in bodie and soule, to glorifie

thée

thée the onelie true God, to whom with thy deare sonne Jesus Christ, and the holie comforter, be all honour, and glorie for euermore.

A thanksgiuing to God after *ones returne home from his iourney.*

MOst holie father, I praise thée in thy sonne Jesus Christ, for that it hath pleased thée of thy singular grace and goodnesse, to

giue me prosperous, & happie returne home againe from this my iourney: and for preseruing of me from all perils and dangers in the same, as namelie from drowning by water, from stroke of thunder, and blasts of lightnings, from the vnsaciable iawes of cruell beasts, and from the bloodie hands of theeues and robbers, and infinite the like dangers, whereto poore miserable men are subiect in this life. I praise him also (good

Lord)

Lord) not onelie for preserving of me in this my iourney, but also for prospering my businesse, and graunting good issue, and good successe vnto me in all things I haue taken in hand. O Lord I acknowledge it to bee thy onelie blessing, & to procéede onlie from thy meere mercie and not from anie deserts of mine, to thée therefore, with thy son Iesus Christ, and the holie ghost, be all praise and glorie for euer.

A praier for euerie subiect of *a common wealth.*

O Lord God, wee acknowledge & confesse, that as in thy vnsearchable wisedome, thou hast appointed some to rule and gouerne, that thy glorie maie bee increased, and the common societie of men maintained; so hast thou ordained also other some to obey, and to be subiect. And for that it hath seemed good

to thy blessed maiestie, to appoint me in the number of subiects: I praie thée (good Lord) giue mee a faithfull heart, and an obedient mind to my superiours, rulers and gouernours. Kæpe me farre from all disobedience, rebellions, treasons, conspiracies, and practises against them, knowing that who so resisteth the powers, resisteth thy holie ordinaunce (for there is no power but of thée) and purchaseth to himselfe eternall

nall damnation, as thy holie woꝛde beareth recoꝛde. Make mee (O Loꝛde) faithfull ie to obey them, and trulie to honour them, accoꝛding to thy blessed woꝛde and oꝛdinance, in all things not derogating from thy honour, that they iustlie ruling, and I dutifully obeying, maie all in the end receyue the crowne of euerlasting gloꝛie, purchased foꝛ vs by the blood of Iesus Chꝛist: to whom be all honoꝛ & gloꝛie, both now & foꝛ euer.

A praier to be said of those *that be vnmaried.*

O My Lord our god, in as much as thou hast commaunded in thy blessed worde the worde of trueth, that we abstaining from all whordome and fornication, and vncleannesse, should kéepe our vessels in holines, and not in the filthie lusts of the flesh as doe the heathen, who know not thee.

I beseech thee therfore to giue mee grace to performe this thy most holy cõmãdement, and grant that I neuer pollute nor defile my bodie with whordome, fornication, nor anie other vncleannes. And because, O Lord, chastitie of the bodie is nothing, without the continencie of the minde, bridle therfore, I beseech thee, al the motions and affections of my hart, that I banishing all wicked thoughts, and vncleane imaginations out of

my mind, may liue in al holie innocencie, puritie, and integritie, both of bodie & soule, vnto my liues end, thorowe the efficacy, power, & strength of the precious blood of Jesus Christ. Amen.

A praier to be said of those *that are maried.*

HOlie father, we are taught by thy sacred worde, the breath of thy own mouth, that after thou hadst created

created all things, the last of all other thou createdst man, & woman of a rib of his side, giuing her vnto him in holie wedlocke, adding vnto them thy blessing, saying: increase and multiplie, and replenish the earth: I giue thée most humble and heartie thanks, for that it hath pleased thee, to call me to the honorable state of mariage. And I most hartilie beseech thée, that we may liue together in thy true faith feare, and loue all the dates of

our liues. Giue vs grace the one to loue the other, and both of vs to loue thee, and our brethren for thy sake. Keepe vs (good Lord) farre from all wicked ielosie, hatred, malice and contention one with the other. And as our bodies are incorporate together, and become, as it were, but one bodie, so vouchsafe, holie father, that as thy owne turtle doues, we may liue together in chastitie and contenencie both of bodies and mindes, without

without defrauding one the other. And if it please thee to bleſſe vs with children, giue vs grace to bring them vp in ſuch holy exerciſes, diſcipline and learning, as thou requireſt of vs in this life. Grant that we may labour and trauaile either of vs in our vocation, that by thy bleſſing, we may haue alwaies ſufficient to maintain our eſtates withal, in thy holie feare, that wee be not chargeable to others, but liuing forth of debt

and

and daunger of all men, mate be rich and plentifull in all good works, to the praise & glorie of thy blessed name, thorow Jesus Christ our lord, to whom be praise and glorie for euermore. Amen.

A praier to be said of those *that be maisters of housholds.*

THou hast commaunded (oh gracious lord God) by thy blessed Apostle, that maisters should intreate

intreate their seruants gentlie, and courteoustie, putting away all bitternesse, and threatning, doing vnto them all equitie and iustice, knowing that thou art our comm̃ maister in heauen: graunt me grace therefor, good lord) so to order my seruants, as I neuer attempt nor enterprise anie vnrighteous thing against them, but so to execute my authoritie ouer them, as I may alwaies remember that thou art the Lorde and

maister

maister of vs all, and respecteſt no mans perſon. Make me, O Lord, to be the ſame vnto them, that a good paſtor is to his flocke, to teach them by wordes thy holie lawes, and by example of life, true righteouſneſſe and holineſſe in converſation, that they & I together in thy good time, may all inherit everlaſting life, by Chriſt our Lorde. Amen.

A praier to be said of *seruants.*

O Lord our God, seeing thou hast ordained sundry degrees & states of men in this life, & amongst them all hast appointed me to bee a seruant, giue mee grace I beseech thee, to serue in my vocation faithfullie, and to obey willinglie in all things, not repugnant to thy blessed will, not with ete ser-

uice

uice as studying to please men, but with all sinceritie, and singlenesse of heart, as seeking to glorifie thée, being thoroughlie perswaded that in seruing them, I serue thée, and of thée shall receiue my reward. Giue me grace to demeanour my selfe faithfullie, iustlie, and truelie towards all men, in all things, and not to inrich my selfe by picking, stealing, imbezaling, purloyning or conueying ante thing from ante man

man by any sinister practise whatsoeuer, but so to behaue my self towards all men, as there may be no fault found in me, that thy name maybe glorified, & my saluation in Christ Jesus sealed vp vnto me. Graunt this O Lord for thy mercies sake. Amen.

A praier to obtaine the grace and fauour of God.

I Confesse and acknowledge (O Lord my God) that albeit

beit a man doe abound with all transitorie pleasures, and vaine delights that this world can afford, yet if hee want thy grace and fauour, all is vain vanitie, and vexation of minde, & he remaineth neuertheleſſe the bondſlaue and vaſſall of Sathan: yea all his pleaſure is but a ſweet poyſon, and all his riches nothing but beggerie it ſelfe. Powre downe therfore (moſt mercifull father) thy heauenly grace into our hearts, and

extend

extend thy gracious fauour and loue towardes vs, that we may bee thoroughlie perswaded by the suggestion of thy holie spirite, of the singuler good will, and fatherlie care which thou hast ouer vs. Make vs, O Lord, to loue thee aboue all things, and our brethren for thy sake. Banish farre from vs all hatred, rancour and malice, and ingraffe in our heartes godlie feare and reuerence to thy holie name. Keepe vs from all car-

nall securitie, and worldlie delights, and chaine vs vnto thée by the linkes of thy loue. Finallie, graunt that wee abandoning the world, with all deceytfull pleasures, and vaine delectations of flesh and blood, mate in thy good time come to those euerlasting lotes, which thou hast promised to them that loue thée, thorow Iesus Christ our Lord. Amen.

A praier to God for a quiet *conscience.*



The wicked and vngodly (O Lord) are like vnto a tempestuous, raging and tossing sea, which is neuer calme, neuer silent, nor neuer at rest, but continuallie boiling and fuming: whereas on the contrarie side, such (good Lord) as loue thee, beléeue in thée, & obediently walke before thee, haue all

ioie, all peace, and all tran-
quillitie of conſcience, which
is the greateſt iewell, and the
incomparableſt treaſure in
the world. Giue me therefore
(holie father) a ioyfull mind, a
quiet and merrie conſcience,
with a full and reſolute per-
ſwaſion of the accompliſh-
ment and performance of all
thy gracious promiſes made
vnto me in Chriſt Jeſus, in
thy good time. Graunt (good
Lord) that I may ſo behaue
my ſelfe in this peruerſe and
croked

crooked world, that I maie haue the testimonie of a good conscience, in al my actions, that I being free from the accusations of Sathan, my ancient and deadlie enimie, from the vaine allurements of the world, from the filthie incitations of the flesh, and from the heauie curse and malediction of the law, maie be made thy elected childe in Christ Jesus, and may finallie inherite euerlasting life, throwgh the merits and death

of thy sonne, who died for my sinnes, and rose againe for my iustification, to whom be all glorie, praise and thankesgiuing for euer.

A praier for a true and *liuely faith.*

FOr as much (most mercifull father) as whithout faith nothing can please thée, séeme it neuer so holie good, commendable, or beautifull to the eie of the world, I beséech

beſéech thée, to breath & inſtill into my heart, ſoule & mind, by the inſpiration of thy bleſſed ſpirite. this moſt excellent gift of faith, working by charitie. O Lord giue me no weake, wauering, cold or faint faith, ſuch as ỹ very deuils themſelues haue, who beléeue & tremble (as thy bleſſed Apoſtle berreth record) but giue vnto me a true, perfect, liuelie and iuſtifying faith, ſuch a faith (O Lord) as may beléeue thée to bee the onelie

true God, and him whome thou hast sent Jesus Christ, with the holie spirit our comforter, and teacher, yea such a faith as maie bring forth good works in full measure, to the glorie of thy most blessed name, to whome be rendered all praise and thankes for euer. Amen.

A praier for loue and *charitie*.

HOlie father, we are taught by thy blessed word,

word, that loue and charitie, from a pure heart, a good conscience, & faith vnfained, are the cognizances and badges whereby thy children are discerned, and knowen from the prophane people of the world, I beséech thée therfore, holie and blessed father, giue me this Christian badge of loue and charitie, that I may loue thée, my Lord God with all my heart, soule and mind, my neighbour as my selfe, and all thy creatures for thy

sake

sake, that at the great audite when all flesh shall appeare before thy tribunall seate, I maie be knowen & discerned by this thy cognizance and badge, from the wicked and reprobate, and being numbred amongst thy saints and holie ones, maie be receyued into the kingdom of heauen, there to rest with thee for euer, through Iesus Christ our onelie Sauiour and redeemer.

A praier against pride, and for humilitie.

WE are taught by thy blessed worde (most holie Father that euerie good gift, and euerie perfect gift, commeth from thée the father of light, and that we haue nothing which we haue not receyued, remoue farre from me therefore (good lord) all pride, arrogancie, and hautinesse of minde, and in-

graffe

graffe in my heart true hu-
militie, that I may not onlie
acknowledge thée to be the
authour of all good thinges,
yea, goodneſſe it ſelfe, but alſo
may reſt thankfull vnto thée
for them, & may ſo vſe them,
as may be to the glorie of thy
great & magnificent name,
and ỹ profite of my brethren.
Withdraw from me all loue
of this world, and giue mee
grace that I may reioiſe in
nothing but in thée alone,
knowing that all things in

this

this life are nothing but vanitie and vexation of minde, and that to loue and beleeue in thée, is the onelie true life and felicitie of soule & bodie. To thée therefore with thy deare sonne Iesus Christ, and the holie spirite, be all prayse and thankesgiuing for ever. Amen.

A praier for a good name.

THou hast commaunded (good Lord) in thy sacred word,

word, that those that professe thy name, should be holie as thou art holie, and should so frame their liues, as ẏ very enimies of thy truth may haue no iust cause to speake euil of them, giue me grace therfore (oh blessed father) so to order my life, after the rule of thy word, as I may giue no man iust occasion to speake euill of me. Graunt, that whereas it hath pleased thee in mercie to bestow vpon me the name of a Christian, the most excellentest

cellenteſt name or title in the world, ſo I may in my life and conuerſation bring forth the fruits of true Chriſtiantie, that thy holie name bee not blaſphemed, nor euill ſpoken of amongſt the heathen, which know not thee. Make me able and willing (oh my good God) to doe thy will, and to ſtoppe the mouthes of all them that lyinglie, falſelie and deceitfullie go about to take my good name from me. Finallie, bring me to

euer-

euerlasting life in thy appointed time, throwe the merits of thy son Jesus Christ, to whom be praise for euer.

A praier for patience in *sickneſſe*.

THy holie Apoſtle (O Lorde) dooth teach vs, that thou doſt chaſtice euerie childe whom thou receyueſt, and that him whom thou chaſteneſt thou loueſt, and further, that if we be not vn-

der

der chastisement, we are ba-
stards and not children: there-
fore most holie father, in as
much as thou hast at this pre-
sent laide vpon me thy heauy
rod of correction, and chastise-
ment, as a iust punishment
for my sins, I most humblie
beseech thée, good father, for
Iesus Christs sake, to giue
me the excellent gift of pa-
cience, and contentation of
mind. Make me, O Lord, to
humble my selfe vnder thy
hand, to rest contented with

thy good will and pleasure, and not to repine, grudge or murmur against thy iudgements, but in all things to submit my will to thy blessed will, being assured that thou workest all things for the best to them that loue thée, knowing most certenlie, that thou workest my salnatiō by these meanes, subduest the flesh to the spirite, and renuest me in the inward man, that I may serue thée in newnesse of life, to the praise and glorie of thy

thy blessed name, through Jesus Christ our Lord.

A praier for the assistance of *Gods holie Angels in any extremitie or needs whatsoeuer.*

FOrasmuch (oh most gracious Lorde God) as thou hast created thy holie Angels, not onelie for the execution of thy blessed will, but also for the preseruation, protection and defence of thine elect and

chosen vpon earth, and for that I thy poore seruant, weake and feeble, am at this present, and at all times, and in all places sundrie wates assaulted with infinite, both spirituall and corporall enemies, which dayly seeke my destruction, I beseech thee, good father, looke downe from heauen vpon me, send thy holy angels, those ministring spirits, to take care & charge of me, to watch ouer me, to pitch their tents round about me,

me; and to saue and defende me from all the raging furie, and cruell tyrannie of all my enimies. Let me not fal into their hands, O Lord, lest they be too proude, and say, where is now his God? But abate thou their pride, asswage their malice, confound their deuises, and bring their counsels to naught, and make them snares to take themselues withall. Finallie, graunt, O Lord, that I being deliuered and set free from all perils

and dangers, and from all the rage and furie of mine enemies, may giue thée thanks, and so wholie to rest vpon thy mercies. Grant this, oh Father of all mercie through Iesus Christ our Lord, and for his sake. Amen.

A praier against sudden death.

O Lorde our God, who in thy secret iudgements as a punishment for sinne,

sinne, hast appointed euerie man to die once, keepe me, I beseech thee, from sodaine death, and from euerlasting condemnation. Make me alwaies readie and prepared, good Lord, that the day of my departure hence come not soddenlie vpon mee to my vtter destruction for euer. Make me also mindfull and willing to die, knowing that so long as we are at home in the bodie, we are strangers from thee. Teach me to num-

ber my dates, O Lord, that I
mate know how long I haue
to liue. Giue me also not only
true repentance for all my
sinnes, but also sufficient
time, and space to repent in
that I neuer depart hence in
thy wrath and heauie displea-
sure. Giue me a true faith,
and a constant hope, looking
for ỹ accomplishment of thy
promises made vnto vs in
thy beloued, as also, a zealous
care, and feruent desire to
walke in the true obedience
of

of thy blessed lawes and holy commandements, that after the finall dissolution of this life, I may dwell with thée for euer in the kingdome of heauen, through Iesus Christ Amen.

A praier for one that is sicke, *and at the poynt of death.*



Lord our God, who as thou hast appoynted all men to die once, so

so hast thou ordained sickness and diseases, as ordinarie meanes to bring him to the same, and as it were to summon him to the doome; I a poore wretch, and miserable sinner, visited by thy hande with extreame sickneſſe, and grieuous diseases, most humblie beseech thee for Jesus Christs sake, to looke downe from heauen vpon me, with the eies of thy pitie and compassion. Pardon and forgiue me all my sinnes, which are

the causes both of sickenesse and death it selfe. Enter not into iudgement with me, O Lord, for no flesh is righteous in thy sight. Punish me not (O Lord my God) according to my deserts, neither in this life, nor in the life to come, for then I must needs perish, so manifolde are my sinnes, and so hainous are my transgressions. Giue mee grace that I may willingly leaue this wicked world in full certain hope of the blessed resur-

rection of my bodie to eter-
nall life in thy good time.
Make strong my soule (O
Lord) against all temptati-
ons of the wicked enemie,
and strengthen my faith that
I never loose, nor fall away
from thée, neither for loue of
life, nor feare of death. Grant
(good father) that I mate
humble my selfe vnder thy
hand, and take pacientlie
what soeuer it shall please thée
in mercie to laie vppon mee,
without all grudging and
murmu-

murmuring whatsoeuer. And if it be thy blessed will, restore me to health of body againe, as thou didst thy seruant Ezechias, prolonging his life xv. yeares more, that I may praise thee al the daies of this my transitorie and miserable life: but if it seemeth better vnto thee to take me out of this wretched worlde at this present, thy blessed will bee done, onelie this (oh Father) giue thy holie Angels charge to carrie and conueigh my

soule

soule into thy euerlasting kingdome of heauen, there to reigne with thée for euer, through Iesus Christ our Lord. Amen.

A praier for those that be rich and wealthie.

MOst gracious God, and louing father, who giuest thy blessings, and thy benefites sundrie wayes to mã, to some more, to some lesse, according to the purpose of

of thy will and as thou séest to be best for thy glorie, and their good. I praise thée, and I thanke thée, for that it hath pleased thée in thy great liberalitie, to bestow vpon mee thy vnworthie seruant, so great a portion of earthlie riches & temporall blessings, I beséech thee to giue mee grace, that I may vse them to thy honour and glorie, and to the comfort and helpe of others that haue néed, being assured that thou hast made

me

me a steward of so manie and great things to no other end, but that I should distribute them to the poore and needie. My Lord giue mee a willing heart, and readie minde to doe good, according to that abilitie that thou in mercie hast bestowed vpon me. And as I acknowledge them to be thy gifts, so giue me grace, good Lord, that I neuer mispend them in gluttonie, drunkennesse, riot, or excesse, neither yet in pride,

or

or anie other vncleannesse,
vanitie or follie, knowing
that thou wilt one day re-
quier a straite account of me,
both howe I haue gotte my
goods, how I haue kept them,
and howe I haue spent and
layd them forth. And as thou
hast made mee rich in tempo-
rall blessings, and things of
this life, so make me moch
more rich in spirituall giftes,
and graces, that in the end I
beinge founde a faithfull and
true Stewarde of thy goodes,

may receiue the crowne of immortall glorie in the kingdome of heauen, through the merits of Iesus Christ, to whom be all honor and glorie for euer,

A praier for those that bee *poore and needie.*

GRacious father, who hast apointed in thy vnsearchable wisedome, sundrie states and conditions of men, and hast

commaunded euerie one to bee contented with his state and calling wherein thou hast placed him, without all repining, murmuring, or gradging against thée for the same. I a poore worme before thée, and one whom thou hast placed in the lowest degree, and meanest state amongest men, most intirelie beseech thy fatherly goodnesse, to giue me grace to be heartilie well contented with thy good will and pleasure, being assured

that thou knowest what is best for me, and workest all things for thy owne glorie, and our good. Make me therefore good father willinglie to submit my will to thy blessed will, to depend upon thy providence, and to cast all my care upon thee, who hast promised to be carefull for mee. And albeit I bee poore and needie, yet keepe me farre from all infidelitie, and incredulitie, from all mistrust and distrust, and from all dis-

paire

paire of thy help whatsoeuer. Finallie, grant (O Lord) that I walking in thy holie feare, and doing those things which please thee, may at the last receiue the reward of euerlasting glorie, through Jesus Christ our Lord.

A praier for the increase and *preseruation of the fruits of the earth.*

AS thou hast appointed man how long he hath to liue vpon

the face of the earth, most mercifull father, so hast thou ordained him meanes to preserue and continue this his life withall, as seemeth best to thy godlie wisedome, and to that end hast appointed the earth to bring forth all maner of fruites of infinite varietie for his reliefe and sustenance. Bleſſe therefore (I beséech thée) the fruits of the earth vniuersallie, and of me particularlie, whose ground for the multitude of my

my sinnes thou hast made barren. Enter not into iudgment with me; O Lord, neither punish me according to my deserts, but in mercie loke vpon me, and so multiplie my store; as thou diddest the Dyle of the woman of Sareptha thy seruant. And if it please thée (good Father) to multiplie and increase the fruits of the earth generally, and of mee particularlie, grant seasonable and temperate weather also for the ga-

thering and reaping of them, that we hauing plentie of all things, may be rich and plentifull in all good workes, and with ioifull hearts, may laud and praise thy soueraigne maiestie all the daies of our liues, through Iesus Christ our Lord. Amen.

A praier against couetousnes and auarice.

O my lord my God, most blessed and holie Father, who hast commanded

manded euerie man to labor and trauaile in his vocation, for the maintenance of his estate, & hast promised therto thy blessing, blesse (I beseech thee) all my labours, actions, enterprises, & affaires, which I shall take in hande in thy holie name, at anie time hereafter, for the necessarie maintenance of my poore estate, so as I hauing alwaies sufficient, maie be free from all couetousnes, ambition, and filthie auarice, being

alwaies

alwaies perswaded that godlinesse is great riches, if a man bee content with that that he hath, for we brought nothing into this world, neither shall we carie anie thing out. Grant, good Lord, that I hauing sufficient foode and raiment for my bodie with al other necessaries needfull for this my life, may be heartilie well content therewith, not desiring or coueting more. Withdraw me my heart, O Lord, from the loue of this

vaine

vaine world, and of all things in the worlde. Make mee to loue and desire thée, and nothing but thée, knowing that he that loueth anie thing beside thée, loueth thee so much the lesse. To thee therefore, oh Father, with thy Sonne, and the holy Ghost, be all glorie, and prayse for euer. Amen.

A praier to be said before the *reading, studying, or hearing of Gods word.*

GRaunt (O Lord) as Dauid thy seruant witnesseth, that thy word is a light vnto our paths; and a lanterne vnto our feet: and for that all humaine wisdom is nothing but foolishnesse before thee, and altogether vnable to pearce into the bowels and secrets of thy reuealed will, without the illumination

mination of thy holie spirite. Instill therefore, O Lord, into my heart and soule, the spirite of wisedome, knowledge and vnderstanding, that I may be able to vnderstand the misteries of thy law. Keepe me farre from all sects, schismes, heresies, and errours contrarie to thy worde, and so roote thy truth in my heart, that it may neuer be remoued, but alwaies remaine firme, and stedfast in thée. And in the reading, hearing

hearing, ſtudying, conferring, reaſoning, diſputing or talking of thy word, giue me (moſt glorious father) not onelie the ſpirite of holie wiſdom, to vnderſtand it aright, but alſo grace to humble my ſelfe vnto thee in all holie obedience, reuerence, humilitie, and feare; that I obeying thee in thy worde, and liuing thereafter, may come to thoſe euerlaſting ioies which thou haſt prepared for them that loue thee, thorowe Jeſus

Chriſt

Christ our Lord.

A praier against swearing.

Sanctifie that thy holie name (oh most gracious God, and loving father) is both so honourable & majesticall, as the same is neuer to bee either remembred or once spoken of, without great reuerence, feare and dread, at the glorious naming whereof, the verie deuils themselues

do

doquake & tremble as thy ho-
lie Apostle Iames recordeth.
And seeing thou hast com-
manded vs that wee should
not sweare at all, but that all
our communication should
be yea, yea, nay, nay: and in
as much as thy holie reue-
rence hath promised that thou
wilt not holde him guiltlesse
that taketh thy name in vaine.
I beseech thee therefore, good
father, so to direct me by thy
spirite, that I may neuer
thinke nor speake of thee, but

with al holy reuerence, feare, and dread. And in all my communications & speaches (good Lorde) keepe me I pray thée, from all maner of swearing, forswearing, blaspheming, and prophaning of thy sacred name. And for that thou hast giuen to mankind onelie the vse of the tongue aboue other creatures, to this end (no doubt) that hee might glorifie thée therewith. I pray thée (holie father) so to qualifie the affec-

tions of my minde, and to order the words of my mouth, that in all my thoughts, wordes and déedes, I maie do worship to thy glorious name, through Jesus Christ thy onelie begotten sonne, to whom with thy blessed maiestie and the holie spirit, be all honour and glorie for euer.

A praier against drunkennesse.

Most mercifull and holie Father, who in thy great liberalitie

liberalitie hast giuen vnto vnto the fishes of the sea, the fowles of the heauens, and the beasts of the earth, with other thy good creatures of infinite varietie, for the sustentation and maintenance of this his life, and hast commaunded them to bee receyued with praise and thanksgiuing vnto thée for the same. I beséech thée therefore, O Lord my good God, and holie father, to giue me grace to vse all thy creatures both so-

berlie and temperatelie, and alwaies to reſt thankefull vnto thée for them. Giue me grace (bleſſed Lorde) that I neuer abuſe them, nor offend thee in them, thorow drunkennesse, gluttonie, or anie other kind of ſuperfluitie, riot or exceſſe, knowing that the abuſing of thy good creatures reacheth euen to thy owne reuerence. Finallie grant, that I walking in al ſobrietie and integritie of life, may at the laſt receiue the reward of euer-

euerlasting glorie in the kingdome of heauen, thorough Jesus Christ, and for his sake Amen.

A praier against slouthfulnes and idlenesse.

WE are taught, O Lord, in thy holie worde, that idlenesse is the mother & nurse of al wickednes and sinne: for the bodie being idle, the mind is naturallie occupied in vaine thoughts,

and foolish imaginations, and so consequently made lweaker, & readier for the enimie to assault. I beseech thée therfore (oh my good God) kéepe me from all idleneſſe and slouth, and grant that I may be alwaies occupied in some good thing, to the glorie of thy name, and the benefite of my brethren. And as it may pleaſe thée, O Lord, in mercy to kéepe my bodie from all maner of idleneſſe & slouth, so I beseech thée to kéepe my soule

soule euer exercised in holie meditations, and heauenlie contemplations, thinking alwaies of thée, louing thée, and euer praysing thée in all things, till I come to the perfect fruition of thy heauenly ioies, through Iesus Christ. Amen.

A praier for those that are persecuted for the truth.

O Lord Iesus Christ, who comming into this miserable worlde,

and taking our nature vpon thée, didst thereby not onelie deliuer vs from sinne, but also remembring thy mercies, didest also leaue vnto vs the inestimable treasure of thy blessed word, as a perfect direction, and rule for vs to frame our liues by, and which alone is able to saue our soules. Blesse therefore this thy holie word vnto vs, make it a worde of power to regenerate and beget vs a new vnto eternall saluation

of

of our bodies and soules. And strengthen all thy seruants which in anie place are persecuted, imprisoned, condemned, and dailie put to death, for ȳ sincere profession of the same, and for the testimonie of a good conscience. Be mercifull vnto them, O Lord, and although they séeme destitute of all mans ayde, or worldly comfort, yet let thy swéete comfort and grace neuer depart from them, O Lord let no further triall be laid vpon them,

them, then they may be made able by thee to beare. And as thou hast by the power of thy might, not onlie vanquished and ouercome all corporall and bodilie enemies where or whatsoeuer, but also thy and our spirituall aduersaries, so strengthen all thy seruants that suffer anie kind of crosse, persecution, trouble or veration, either in bodie or mind, for the constant profession of thy holie worde and sacred religion. Giue them

patience,

patience, good Lord, to beare thy crosse thankfullie, with strength to go thorow, and to persevere to the end, euen to the effusion of their bloud, knowing that they who denie thée before men, thou wilt denie them before thy heauenlie father, and his holie Angels in heauen. And for that there is no true wisdom whereof thou art not the authour, inspire their hearts with the spirite of true wisedom, knowledge, and vnderstanding

standing, that they may know thy will aright, and that they may bee able by the same spirite to confound, and ouerthrow all the enimies of thy truth. Grant this sweete Jesus for thy holie names sake. Amen.

A praier for Godly *wisedome.*

I Confesse (good Father) that so long as we beare about vs this earthlie

earthlie tabernacle, imprisoning the soule, that our nature is so corrupted as it alwaies rebelleth against the spirit, accompting that true wisedome, which is nothing but meere foolishnesse in deed. Wherefore good Lorde, vouchsafe to send downe thy holie spirite, even the spirite of wisedome which waiteth upon thy throne, into my heart, that I may know and understand what things are good and acceptable before thee,

thée, that I may attaine everlasting life, thorow the merits of thy sonne his most bitter death & passion. Amen.

A praier for grace to be *mindfull to die.*

O my loue our God, in whose handes standeth the life and death of all mankind, vouchsafe I beseech thée, for thy sonne Christ his sake, to make me mindefull and readie to depart out of this

this miserable and transitory life. And although my bodie doth creep here vpon ỹ earth, yet let my conuersation bee alwaies in heauen, from whence we looke for a saviour euen Iesus Christ the righteous, who shall chaunge our vile bodies, and make them like to his glorious bodie, by the mightie power whereby he is able to subdue all things to himselfe. Teach me, good Lord to know, that wee are all here strangers & pilgrims,

and

and haue in this worlde no dwelling place, but looke for one to come: in regarde whereof, giue me grace, I beseech thee, willinglie to forsake this wicked worlde, with all the vanities therof, & to hunger & thirst after that life, which neuer shall decay. Make me good Lorde to esteeme all things in this worlde as dongue, that I may winne Iesus Christ. And for that ỹ remembrance of death terrifieth vs from sinne,

ſon, as thy ſeruant Salomon
beareth recorde, giue mee
grace I moſt humblie intreat
thée, alwaies to remember
and beare in mind, that I am
mortall, and therefore muſt
once of neceſſitie depart
hence, either to euerlaſting
glorie, or elſe to euerlaſting
paines and confuſion both of
bodie and ſoule. My Lord aſ-
ſiſt mee with thy holie ſpirit,
that I maie ſo liue in this
preſent earthli world, as I may
not feare either, but when-

soeuer he approcheth, I may with bolde confidence, crie out & say, Oh Death where is thy sting: oh Hell where is thy victory? Grant this, O Lorde my God, for Jesus Christ thy onelie begotten sonne his sake, Amen.

A Thankes-giuing to God for all his graces & blessings bestowed vpon vs.

SUCH is thy liberalitie and mercie, O Lord, towards mankinde, that

that for all thy blessings and benefits both infinite and inestimable, bestowed vppon him, thou requirest nothing againe, but thankfull hearts to thee. Wherfore (most holy father) I render al praise and thanks to thee, from the bottom of my heart, generallie for all thy benefites and blessings, for all thy great mercies, and louing kindnesse shewed towards me in Jesus Christ, and particularly for that it hath pleased thée to

elect and chuse mee in Christ Jesus to everlasting salvation, before the foundations of the world were layde, for creating me after thine owne similitude and likenesse, for redeeming of me by the death and passion of thy owne Son Jesus Christ, when I was vtterlie lost and cast awaie for ever, for regenerating and renuing of me by thy holie Spirit, for sanctifying of me by the same spirit, for infilling into my heart a true,

a liuely and iustifying faith in Iesus Christ, for giuing me grace to be penetent and sorowfull for my sinnes, for inspiring my heart with a true and constant hope, looking for the accomplishment of all thy gracious promises, made vnto me in thy beloued without all doubting or wauering. For giuing me wisedome, vnderstanding and knowledge in some competent measure, I praise thée, and I thanke thée also, O

Lord, for feeding, nourishing, clothing and sustaining my bodie euer since I was born, for defending of me from infinite perils and daungers, yea from infinite deathes, which at diuerse times, and in sundrie places haue laine in waite for me, and threatned my destruction, and into which I had certainlie fallen, had I not béene by thy gracious goodnes supported, protected & defended. Last of all, I thanke thee, good Lord,

and

and I prayse thée, for thy sweéte promises of everla-sting saluation, made vnto mee in Jesus Christ. For these and all other thy most gracious benefites and blessings, (oh most glorious Father) I prayse thée, most humblie beséeching thée for Jesus Christ thy sonne his sake, to pardon and forgiue mee my great vnthankefulnesse, ingratitude, and vnkindnesse towards thee, and from henceforth giue mee

thy holy grace, that I may
proceede from thankfulnesse
to thankfulnesse, from grati-
tude to gratitude, and from
kindnesse to kindnesse to-
wards thée, that I be neuer
accounted amongst the num-
ber of those sr. vnthankefull
leapers, who being cleansed
from their leprosie, returned
not againe to giue thée
thanks. Graunt these my
petitions vnto me, oh most
benigne father, with all other
good thinges which thou
knowest

knowest to be necessarie for me, better then I can either wish or desire, euen for the glorie of thy great name, for the truth of thy promises, and for Iesus Christ thy Sonne his sake my onelie Lorde, Sauiour, Redéemer, Mediatour, and Aduocate, to whome with thy blessed Maiestie, and the holie Spirite, one true and euerlasting GOD, bee all honour, glorie, prayse, dominion,

minion, power, and thanks-
giuing for euermore. Amen.

Vni Deo & trino sit,
omnis gloria.

FINIS.



28 MY 83
MUSEUM